

The Promise

Winter | 2014

Winter - Deepening Our Collective Capacity



Miners' Promise

your family our family

Miners' Promise officially recognized as a charity |

After 3 long years of negotiations with the Australian Taxation Office and the Australian Charities and Not for Profit Commission we are excited to announce that Miners' Promise has now officially been recognized by the before mentioned regulatory bodies as a charitable organization.

Since establishing in 2010, it has always been the charter of Miners' Promise to ensure that we give back to the families of resource workers, particularly following a tragedy. We are pleased that our hard work is not going unnoticed and is being formally recognized by national Government departments.

There are numerous benefits of being recognized as a charity to not only Miners' Promise, however to **YOU**.

Separately to obtaining charitable status, Miners' Promise has been granted tax concessions through the ATO which you directly benefit from.

As a Deductible Gift Recipient organization any contribution you make towards Miners' Promise, whether this be on an on going basis through subscription fee's or on a donation basis, regardless of the frequency, **your contribution is tax deductible**.

For you, this means from the 1st July 2014 you may be able to deduct the amount of your contribution from your taxable income when you lodge your tax return, something that we have not been able to provide to our ongoing member base previously.

Annual statements will be issued to all following the close of the 2014 / 2015 financial year.



PMG
PILBARA MOTOR GROUP

Pilbara Motor Group continue their support for an additional 2 years! |

Following the generous donation two years ago by Pilbara Motor Group of our now infamous FJ Cruiser affectionately known as "Priscilla", we are excited to announce that PMG recently agreed to continue as a platinum sponsor of Miners' Promise for an additional two years in recognition of our standing within the resources community.

PMG owner and principal Dave Watson said with eight locations in the Pilbara, including Port Hedland, Karratha and Broome, PMG was in the heartland of the WA mining sector.

"PMG is an integral part of the mining community in Western Australia and we welcome the opportunity to give something back to our community," Mr Watson said.

Cassie White said the charity was also an advocacy and referral service, with access to screened professionals ready to assist with everyday needs.

"Life presents us all with challenges at various stages of our lives and we see our role as empowering families, who may be at an emotionally vulnerable stage, to get peace of mind.

"Pilbara Motoring Group has provided us with an invaluable resource, allowing us to create greater awareness of our services by visiting employees and their families. Without their continued support our service delivery could be compromised."

New website |

We are very excited to announce that we have launched our new site after many months of development and consultation.

Our main goal for the new website is to make it faster, easier to navigate, and provide you and your family with access to additional professional resources. Most of all, we wanted to help you, our supporters, get to know us better and understand what services are available for you to access. If you take a look around the site we think you'll get a pretty good idea of who we are, what we do and more importantly how we can help you and your family. I would strongly encourage you to visit How We've Helped under the About Us heading to get a greater understanding of how we have been able to assist some of our family

members, which has only been possible due to your ongoing commitment and support.

We hope you enjoy the new website. To ensure we continue to grow and provide professional and timely support to you our family members, we encourage your feedback on the new site, not just now but going forth. Is there something you would like to see more / less of let us know – temby.fitzroy@minerspromise.org.au or by submitting an on line contact us form.

Make sure you visit regularly for our latest news or why not LIKE us on Facebook to stay in touch!

www.minerspromise.org.au



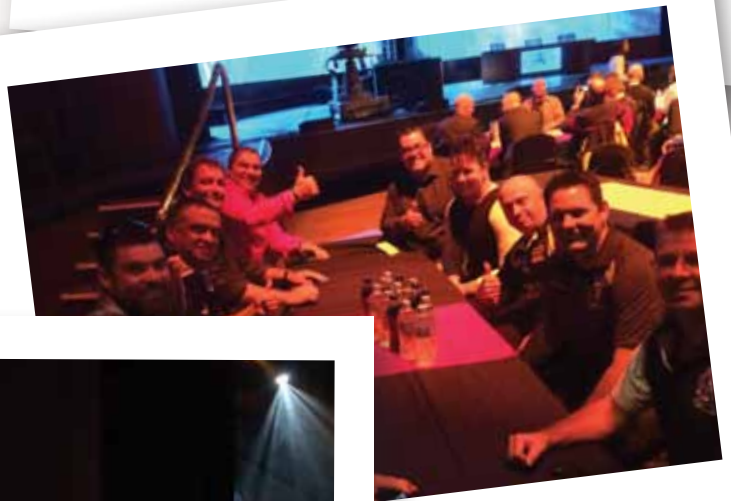
The Footy Show |

Recently we had the pleasure of spending an evening with eight of our subscribers, when Channel 9 brought the Footy Show back to the Crown Casino, Perth.

When our CEO learnt that the show would be returning to Perth, she quickly swung into action and secured Miners' Promise a corporate table for the evening. As per last year, seats on the table were opened up to our subscribers and we yet again received an overwhelming response. Regrettably due to the limited seating, we were only able to take along 8 of those that expressed interest.

A great night was had by all with a highlight (some may not call it a highlight), Sam Newman stopped by to say hello and we also witnessed Gary and Sam undertake their challenge from losing their certainty bets.

We thoroughly enjoyed meeting everyone who attended and catching up over dinner and drinks (which I think was more entertaining than the show). We are hopeful of personally meeting more of our supporters in the near future, through similar events and functions, so stay tuned!



Cassie with Sam Newman



Autumn Classic |

Late April provided our subscribers with the opportunity to attend the Autumn Classic compliments of the WA Sporting Car Club.

The weather was perfect and the racing didn't disappoint. Over the course of the weekend, enthusiasts were able to enjoy saloon cars, HQ sedans, historic sports and racing cars, modern regularity, historic touring cars and the formula fords as they competed around Barbagallo's 2.41km Track. From all accounts, the day was enjoyed by all, regardless of whether you were an enthusiast or not!!!



Member Exclusive - Perth 400 V8 Supercars |

The V8 Supercars returned to Barbagallo Raceway in May 2014 for the V8 Supercars Perth 400.

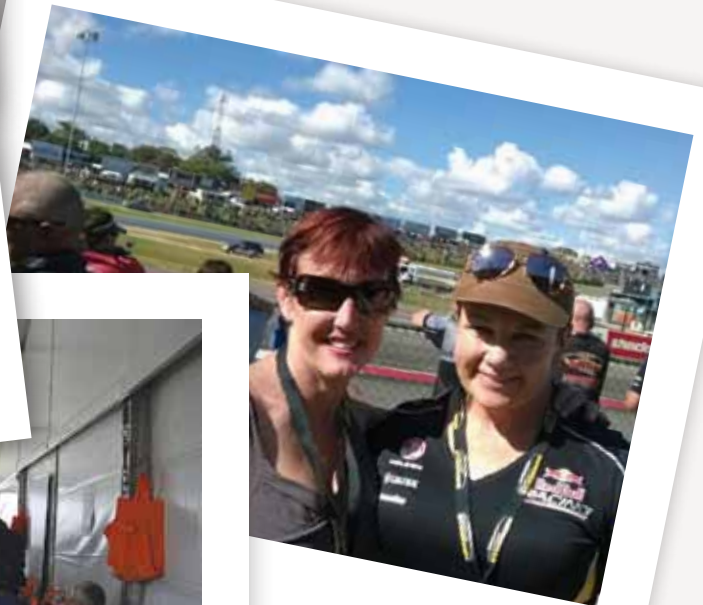
Through the generous sponsorship of the WA Sporting Car Club, we were able to, over the course of the weekend, give 60 of our subscribers, and their mate, exclusive access to the Miners' Promise corporate tent!!

It was from our prime position half way down the main straight where we were able to witness Perth's largest motor sport event, with Ford, Holden, Nissan, Mercedes-Benz AMG and Volvo hitting the track, to battle for Championship points.

The new Super Sprint format guaranteed to produce action-packed racing and it didn't disappoint. With two 100km races on Saturday and a 200km race on Sunday, a Dunlop Series race, additional support categories, Friday practice sessions and qualifying races completed the package, there was something for everyone.

The **V8 Supercars** offered a fantastic weekend of entertainment and adrenaline pumping action.

We would like to thank the WA Sporting Car Club for their generous support, as without it we would not have been able to offer this event, exclusive to you, our subscribers. Furthermore the event provided a much-needed break from recent events for a few of our recipient family subscribers.



Accidents happen when you least expect them |

When a 30th birthday celebration turned into a life-threatening situation for maintenance co-ordinator Nathan Heatley, his wife Michelle knew who to call.

Three years ago, the couple witnessed the extraordinary support given by Miners' Promise CEO Cassie White after their good friend Jordan Marriott-Statham died in a work accident at the BHP Port Hedland operations in WA.

"Seeing how Jordan's wife Kelly was supported by Cassie in the weeks and months after Jordan died, the difference Miners' Promise made to Kelly who was pregnant at the time with their baby girl...Cassie was there, like a friend," said Nathan, whose own wife Michelle is expecting their second daughter in November – much to the delight of their two-year-old daughter Taya.

Nathan first heard about Miners' Promise at a Port Hedland safety event, where he met Miners' Promise founder Helen Fitzroy, but he said it was seeing the way Miners' Promise had cared for Kelly that most influenced his decision to sign up.

His own personal nightmare began while on leave, enjoying a birthday drink with a few mates in the pretty coastal town of Kiama, about an hour south of Sydney. What started out as a happy occasion to mark an important milestone turned into a race against time to save his life.

Nathan had been sitting on a recessed balcony wall of a first storey building with mate Mitch when suddenly he lost his balance, fell backwards and rolled down a steeply pitched roof before hitting the ground, fracturing his skull and a cheekbone.

"I was on holiday and it was my 30th birthday, I don't remember anything," said Nathan.

"I was rushed by ambulance to the nearest airport and air-lifted by chopper to hospital in Sydney where I was put into an induced coma for six days.

"Because of the swelling on my brain, part of my skull was removed. My wife Michelle was told that I was possibly not going to make it and if I did I could be highly dependent... "By the third week, Michelle was told it was possible that I might make a full recovery and after 5 weeks in hospital I was allowed to go home (Kiama) on condition that I wore a helmet to protect my skull while it was healing. I had to wear this for an additional 5 weeks after which time I was readmitted to hospital to have the missing part of my skull put back in".

Nathan's family and friends told him what happened after the accident because he actually lost about three weeks of memory and he was in intensive care for about a month.

Michelle, who was present at the time of Nathan's accident, contacted Miners' Promise and was told Cassie White was on a skiing holiday with her husband and two nieces.

Cassie packed her bags, leaving her partner and 2 nieces and within hours she had arrived at the hospital and had commenced organising accommodation and also providing costs towards accommodation for Nathan's family, who were flying in from Melbourne, Bali and Singapore to be at his bedside.

She also helped with sick leave arrangements - Nathan needed approximately seven months of rehabilitation - and arranged for pre-paid interstate airfares to and from work to be refunded.

The Miners' Promise family played its part too and drummed up support through the Facebook page to raise about \$6000 of financial support for the family.

Nathan returned to work three months ago on light duties and recently went back to his previous position, following his remarkable recovery and determination to get life back on track.

"I wanted to talk about my experience with Miners' Promise because I think a lot of people would not realise the organisation is there for you out of work as well as in work. I'm incredibly grateful for all the support."



Mining Family Matters |

Abby Ranford was three when her dad started fly-in, fly-out (FIFO) mining, and it's fair to say she struggled with the separation. She'd rock herself to sleep each night, crying and clutching a photo of the dad she missed so desperately.

What to do? Where to get help?

When Abby's mum Alicia started looking for resources, she was shocked by the lack of information available.

Alicia's first job was to ensure her two young children continued to thrive despite the regular separation from their dad. That's where psychologist and long-time friend Angie Willcocks came in, offering a range of simple strategies to make the kids feel totally connected to their dad, whether he was on the other side of the room or on the other side of the country.

Next, Alicia turned her attention to helping other Australian mining families struggling with similar challenges. Aiming to creating a website that was positive about the industry but also honest about the relationship pressures, she teamed up with journalist and friend Lainie Anderson. Together they created what was believed to

be the world's first online community for families in mining and resources: Mining Family Matters.

That was back in early 2010. Since then, the small team has won a host of awards, including a prestigious Australian Mining Prospect Award. The Mining Family Matters website has grown to more than 900 pages of professional advice and information, and now attracts thousands of visitors every month.

Key features of www.miningfm.com.au include:

- A free Q&A counselling service where families can seek professional advice on relationship and parenting issues;
- Columns by resident psychologist Angie Willcocks;
- Testimonials on key mining hubs across Australia; and
- Stories by lifestyle contributors and mining, oil and gas workers.

A series of survival guides – The Survival Guide for Mining Families, The Working Away Guide (for families in any industry) and The Survival Guide for Families in Oil & Gas – has been created to help companies boost the emotional resilience of employees and their families. Sales have recently surpassed 100,000 to companies nationwide.

The Mining Family Matters team (which recently launched its services in Canada) has also created Mining Families Rock, a comprehensive, 176-page book to keep relationships strong and families happy despite the pressures of mining life. You'll find it on www.miningfm.com.au



L-R: Alicia Ranford, Lainie Anderson, Angie Willcocks - Mining Family Matters



Oz Help |

- Think about the last time that you did something for yourself?
- If you had an hour, what would you want to do with it?

You are important. Your health is important. Your social life is important. Sometimes we forget about ourselves and we may let our exercise routine lapse, indulge in a few too many beers and takeaway for convenience, don't get enough sleep and we forget to do things that make us happy.

It's not easy working in industry- there's different rosters, 12 + hour days, camp food, being away from your family and friends, trying to find a girlfriend that will wait a couple of weeks until you get home... the list goes on. But, there is an organisation there for support.

The OzHelp Foundation is a not for profit, workplace and community based mental health support organisation with a focus on mental health and suicide prevention in industry workplaces. The organisation's beginnings stem from a life changing event that occurred in late 2000, when three young Apprentices connected with the construction industry, tragically took their lives within a three month period. The Mother of one of these Apprentices sought action to address the wellbeing and care of industry apprentices, and as a result, the OzHelp Foundation officially commenced services in 2002, following the resounding success of a 2 year pilot program.

Now, over a decade later, the effect and impact of OzHelp's reach and influence, has, and is being felt as the stories of those who have been helped around the country, are told. Built on a vision to enhance the resilience of workers, the OzHelp Foundation seeks to strengthen the influence and support of leaders within industry, community and corporate groups.

With its national operations based in the ACT, the reach of OzHelp's influence continues to expand with programs operational in regional NSW, The Pilbara region in WA and the Northern Territory.

OzHelp's national development and resources have been forged in the tough building, construction and mining industries and in more recent years applied in other

industry settings including the utilities industry, community services and even the white collar industries of the private and public service sectors.

OzHelp offers training and support services that instil social capabilities and life skills within people. Moving from a medical approach around recovery, OzHelp's philosophy encompasses the reality that wellness, and building resilience and life skills, involves a holistic approach that assists people to cope with life's challenges.

This is achieved through services and activities that promote health and wellbeing through building resilience and life skills in workers and employers within these industries. We have a WA Pilbara office in Karratha and through our training and support services we aim to reduce the effect of potential risk factors such as:

- Depression
- Relationship problems
- Bullying
- Financial Stress
- Conflict at work and/or home
- Problems with alcohol and other drugs

OzHelp provides a variety of training courses (many are delivered free) to suit all organisations ranging from 10 minute (Hard Hat Chats- designed for Tool Box Meetings), 45 minutes (ALERT- Introduction to Mental Health) through to half day programs.

OzHelp also offers free, confidential support services for workers and their families in the building, construction and mining industries. We can meet workers on site if needed, or we can connect by email or phone, whichever the client is more comfortable with (ideally we like to meet face to face where possible). It is important to note that we are a support organisation and not a counselling service- if there is a need for further professional support we refer onto professionals within the local community, as well as the promotion of EAP services. For ease of referral, OzHelp has established relationships with key community and industry service providers to better assist our clients in gaining access to appropriate local support services.

Seeking help is important so that people can share their story with someone else, lighten the loads and find out what local services are available to them for extra support. If people bottle things up and keep it to themselves, then the issues may start to have an effect on their home life, work life and social life. Everybody has a story and OzHelp Foundation is here to listen and provide support.

Call us now for a confidential chat on **1300 OZHELP (1300 694 357)**.

Increase to on going subscription fees |

Established in July 2010, Miners' Promise has been operational for almost 4 years. In this time, Miners' Promise has changed significantly and we are to date assisting more than 20 families who have all experienced the loss of a loved one.

Like all businesses, our service has expanded and costs have increased. Whilst we have absorbed these costs to date, consequently we have had to review our subscription fees.

As a registered charity, we are not here to make money, but rather give it back to our members and their families. To ensure that Miners' Promise continues to deliver a timely and professional service, we need to increase our premiums from \$6.00 per week to \$8.00 per week, commencing on the 1st September 2014. The Board has not reviewed annual premiums in over 3 years and we will continue to honour this commitment to you with another review of subscriptions not being undertaken until at least September 2016.

There are however, a couple of steps you can undertake to avoid the increase for an additional 12-month period. Simply pay your subscription, in full by the 31st August 2014 and the fee will be fixed at the old rate of \$312 per annum*. Deductions will recommence after this time at the increased amount in September 2015.

Should you wish for deductions to continue as normal no action is required from you. If your payments are made via salary deduction your payroll officer will be advised to commence the new deductions from the next pay period following the 1st September. For those that pay via Credit Card, any deductions made after the 1st September will be at the new rate.

I would like to finish by personally thanking you for your support of Miners' Promise. As you may be aware over the past 9 months there have been 6 fatalities in the mining industry within WA. Your continued support of Miners' Promise allows us to continue supporting families & loved ones left behind. Should you wish to discuss further, please do not hesitate to contact our CEO Cassie on:

1300 124 014 or cassandra.white@minerspromise.org.au



Are you fit for work? |

Did you know that some of the most dangerous health and safety risks do not appear on site!

Site based operations places much harsher physical demands on workers than most other industries, which makes it easier for some to fall into bad habits and unhealthy routines.

However attitudes towards mine health and fitness are changing. More and more we are alerted to the stresses, demands and temptations of the mining lifestyle – 12 hour shifts, fast and convenient food, sugary energy drinks, and not having enough energy or time to work out.

Three out of four workers in the mining industry are overweight which is contributing to the development of a range of chronic diseases, not to mention the question of are you really fit for work?

Many organisations are implementing health awareness programs to ensure their workers make not only healthy decisions however to encourage all to make healthy lifestyle changes. This however extends beyond the site gates, it is one thing to make a health choice at work however on R & R it could be difficult to continue to decision or vice versa.

To ensure that you have access to the best possible diet and exercise regime our resident fitness guru, Gerrard Wilson is on hand to answer any of your queries and design a diet and exercise program that will be easy to follow either on site or at home. With over 15 years experience in the fitness industry Gerrard is not just any personal trainer. Through regular assessments and encouragement, he ensures that you are achieving your goals, whether this be to loose weight, tone or undertake strength and conditioning training regardless of your current fitness level.

To find out how Gerrard can help you change your life style, contact him on 0421 474 843 or by email gerrard.wilson.gw@gmail.com

Ross Jennings |

In October 2014, a member of the Miners' Promise family will jet to eastern Nepal in a grueling attempt to climb the Himalayan peak, Ama Dablam. Ross Jennings will undertake this 5-week expedition in a bid to fundraise for a charity with a cause that is very close to his heart - Beyond Blue.

Ross has funded this mountaineering expedition himself in order to raise awareness of mental illness and the impact that it has on so many. As a testament to his character, Ross attempts to raise funds and awareness for a different charity each year, and as Beyond Blue forge new ground by creating a community response to depression & introducing new programs in mental health; Ross felt that a trek would be a fitting way to raise funds for this charity.

If you would like to assist Ross in reaching his target, please go to <https://give.everydayhero.com/au/rossco> and make a donation!

On behalf of the Miners' Promise family we would like to congratulate Ross for bravely sharing his story & we wish him all the best on his upcoming adventure!

2014 Inaugural Women in Industry Awards - Rising Star |

For her work in helping to build our support organisation for resource workers and their families, our CEO Cassie White was awarded in Sydney on the 26th June, the 2014 Women in Industry Rising Star Award.

Cassie joined Miners' Promise in early 2011 as the inaugural Executive Director and has worked endlessly to create a stable and sustainable future for the company.

Cassie has utilized her high level communication skills and built the organisations network by targeting mining CEO's, HR departments and mine site managers. She has spent numerous hours at various sites spreading the Miners' Promise message.

The Women in Industry Awards recognises and rewards the achievements of women working within the mining, engineering, manufacturing and process control industries, and aims to raise the profile of women within industry, as well as promote and encourage excellence.

Congratulations Cassie!



Your opportunity to see Katy Perry - Perth Arena 8th November 2014 |

International superstar, Katy Perry, is bringing her PRISMATIC WORLD TOUR to Australia and will kick it off in Perth.

As a member of Miners' Promise you have the opportunity to be there with 2 of your mates! We have x3 floor general admission tickets to give away to one lucky member.

To express your interest simply email your name and contact details to temby.fitzroy@minerspromise.org.au. You must be a current member and only one entry per person. Winners will be notified by 10th October 2014.

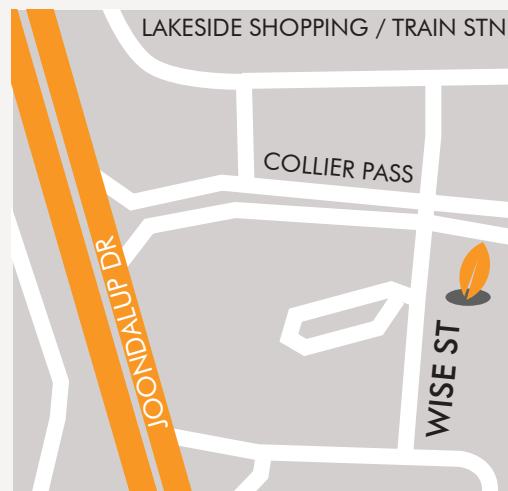
The tour is in support of Katy's smash hit album PRISM, which debuted at number one in Australia and has since been certified Triple Platinum. The album has given Katy her biggest ever single in Australia with "Roar" currently certified 9x Platinum.

The state-of-the art stage, specifically designed by Katy for THE PRISMATIC WORLD TOUR, allows her to get closer to her fans than ever before. The one-of-a-kind set design will provide concert-goers with a truly magical experience from every angle in the arena.

THE PRISMATIC WORLD TOUR is Katy's first tour since 2011's sold-out California Dreams Tour, which was the subject of 2012's 3D feature film, Katy Perry: Part Of Me, the fifth biggest music documentary of all time.



Come see us!



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